Patterson Pool and Water Exercise Schedule

		ind water Exerc					
DAYS &	SUN	MON	TUES	WED	THURS	FRI	SAT
TIMES							
6-7AM	CLOSED	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	CLOSED
		INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	
		EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	
7-8PM	CLOSED	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	CLOSED
		INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	
		EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	
8-9AM	CLOSED	ANCHORED	ANCHORED	ANCHORED	ANCHORED	ANCHORED	LAP SWIM/
		DOWN AQUA	DOWN AQUA	DOWN AQUA	DOWN AQUA	DOWN AQUA	SWIM
							LESSONS
9-10AM	CLOSED	SQUEAKS N'	SQUEAKS N'	SQUEAKS N'	SQUEAKS N'	SQUEAKS N'	LAP SWIM/
		CREAKS	CREAKS	CREAKS	CREAKS	CREAKS	SWIM
					0.1.1.1.10	011=111	LESSONS
10-	CLOSED	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/
11AM	010011	REC POOL PLAY	REC POOL	REC POOL	REC POOL	REC POOL	SWIM
117.00		THE OT COLT EXT	PLAY	PLAY	PLAY	PLAY	LESSONS
11AM-	CLOSED	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/
12PM	OLOGED	REC POOL PLAY	REC POOL	REC POOL	REC POOL	REC POOL	SWIM
121 101		KLOT OOLT LAT	PLAY	PLAY	PLAY	PLAY	LESSONS
12-1PM	CLOSED	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	AVAILABLE
12-11-101	CLOSED	REC POOL PLAY	REC POOL	REC POOL	REC POOL	REC POOL	FOR POOL
		REG FOOL FLAT	PLAY	PLAY	PLAY	PLAY	RENTALS
4.00M	ODEN	CLOCED AT					OPEN
1-2PM	OPEN	CLOSED AT	CLOSED AT	CLOSED AT	CLOSED AT	CLOSED AT	_
0.0004	SWIM	12:45PM	12:45PM	12:45PM	12:45PM	12:45PM	SWIM
2-3PM	OPEN	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	OPEN
	SWIM	REC POOL PLAY	REC POOL	REC POOL	REC POOL	REC POOL	SWIM
- 1511	0.5.51		PLAY	PLAY	PLAY	PLAY	
3-4PM	OPEN	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	OPEN
	SWIM	REC POOL PLAY	REC POOL	REC POOL	REC POOL	REC POOL	SWIM
			PLAY	PLAY	PLAY	PLAY	
4-5PM	OPEN	LAP SWIM/ REC	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	OPEN
	SWIM-	POOL PLAY	REC POOL	REC POOL	REC POOL	REC POOL	SWIM-
	CLOSES	* 25 MAX/ SWIM	PLAY	PLAY	PLAY	PLAY	CLOSES
	AT 4:30PM	LESSONS	* 25 MAX/	* 25 MAX/	* 25 MAX/	* 25 MAX/	AT 4:30PM
			SWIM	SWIM	SWIM	SWIM	
			LESSONS	LESSONS	LESSONS	LESSONS	
5-6PM	AVAILABLE	LAP SWIM/ REC	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	AVAILABLE
	FOR	POOL PLAY	REC POOL	REC POOL	REC POOL	REC POOL	FOR
	PARTY	* 25 MAX/ SWIM	PLAY	PLAY	PLAY	PLAY	PARTY
	RENTALS	LESSONS	* 25 MAX/	* 25 MAX/	* 25 MAX/	* 25 MAX/	RENTALS
			SWIM	SWIM	SWIM	SWIM	
			LESSONS	LESSONS	LESSONS	LESSONS	
6-7PM	AVAILABLE	LAP SWIM/ REC	LAP SWIM/	LAP SWIM/	LAP SWIM/	LAP SWIM/	AVAILABLE
	FOR	POOL PLAY	REC POOL	REC POOL	REC POOL	REC POOL	FOR
	PARTY	* 25 MAX/ SWIM	PLAY	PLAY	PLAY	PLAY	PARTY
	RENTALS	LESSONS	* 25 MAX/	* 25 MAX/	* 25 MAX/	* 25 MAX/	RENTALS
			SWIM	SWIM	SWIM	SWIM	
			LESSONS	LESSONS	LESSONS	LESSONS	
7-8PM	CLOSED	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	CLOSED
8-	CLOSED	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	CLOSED
8:45PM	, , , , , , ,	g. =g					, , , , , , ,
JJ. 111			<u> </u>	L	L		l .

^{*25} swimmers maximum in Rec Pool area during these hours to accommodate swim lessons.

Pool Activity Descriptions

Rec Pool Play

The water slide and water playground are open swim. The lap lanes are reserved for lap swimming, individual exercise and/or swim lessons.

Open Swim

The entire pool (water slide, water playground and lap lanes) is open for play.

Anchored Down Aqua - Mon-Fri, 8-9am

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercise are programmed to strengthen, define, and tone!

Squeaks N' Creaks - Mon-Fri, 9-10am

This class will focus on the older adult or the individual with joint disease or fibromylagia. Toning and stretching, balance and core strengthening with slight aerobic emphasis. A must for the beginner or one headed back to fitness.